

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 to 10:00 am <b>Walking Group</b> Mosby Resource Center 1535 Coalter		8:00 to 9:00 am <b>Walking Group</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
9:30 to 10:30 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (909-7197)	9:30 to 10:30 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (909-7197)	9:30 to 10:30 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (909-7197)	9:30 to 10:30 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> Street (878-0121)	9:30 to 10:30 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (909-7197)	9:00 to 10:00 am <b>Aerobics</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
<b>Rock!</b> <b>RICHMOND</b> <i>building healthy communities</i> <i>January-February 2013</i>		11:00 to 11:30 am <b>Aerobics (Seniors)</b> 3900 Old Brook Circle (780-4792)	10:00 to 10:30 am <b>Aerobics (Seniors)</b> Humphrey Calder Community Center 414 North Thompson St (646-1780)	10:30 to 11:00 am <b>Aerobics (Seniors)</b> 700 South Lombardy St (780-4792)	11:00 to 12:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)
		12:00 to 1:00 pm <b>Walking Group</b> Richmond Health Department 400 East Cary St (205-3734)			
4:00 to 5:00 pm <b>Aerobics</b> Stuart Elementary 3101 Fendall Ave (780-4879)	5 to 6 pm/6:30 to 7:30 pm <b>Zumba</b> Robinson Theatre 2903 Q St (643-0002)		5 to 6 pm/6:30 to 7:30 pm <b>Zumba</b> Robinson Theatre 2903 Q St (643-0002)		Location of Rock Richmond! Classes:  Downtown  East End  North Side  South Side  West End
5:30 to 6:30 pm <b>Aerobics</b> DSS 900 E Marshall (205-3734)	5:30 to 6:30 pm <b>Aerobics</b> EDI 701 N 25 <sup>th</sup> St (646-5503)	5:30 to 6:30 pm <b>Aerobics</b> DSS 900 E Marshall (205-3734)	6:00 to 7:00 pm <b>Walking Group</b> Victory Tabernacle Baptist Church 600 Chimborazo Blvd (644-4496)		
6:00 to 7:00 pm <b>Tae Kwon Do</b> 2903 Q St (786-0204)	6:00 to 7:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)	5:30 to 6:30 pm <b>Aerobics</b> Mt. Tabor Baptist 2011 Fairmount Ave (643-0903)	6:00 to 7:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)		
6:00 to 7:15 pm <b>African Dance Class</b> Robinson Theatre 2903 Q St (909-0117)	6:15 to 7:15 pm <b>Aerobics</b> Good Shepherd Baptist Church 28 <sup>th</sup> and R St (644-1402)		6:15 to 7:15 pm <b>Aerobics</b> Good Shepherd Baptist Church 28 <sup>th</sup> and R St (644-1402)		
6:00 to 7:00 pm <b>Aerobics</b> Randolph Community Center 1415 Grayland Ave (646-1080)	6:30 to 7:30 pm <b>Line Dancing*</b> Blackwell Community Center 300 E 15 <sup>th</sup> Street (646-8630)	7:00 to 8:00 pm <b>Aerobics</b> Randolph Community Center 1415 Grayland Ave (646-1080)	6:30 to 7:30 pm <b>Line Dancing*</b> Blackwell Community Center 300 E 15 <sup>th</sup> Street (646-8630)		
					*Indicates a \$3 to \$4 Class Fee  All <b>Aerobics</b> classes are low-impact.